



STUFFED PEPPERS WITH TURKEY AND VEGETABLES

This is a great alternative and much healthier option instead of the beef and rice stuffed peppers.

SERVES: 4

PREP TIME: 25 Minutes

COOKING TIME: 40 Minutes

INGREDIENTS

- 4 green bell peppers, tops removed, seeded
- 1 pound ground turkey
- 2 TBSP olive oil
- 1 sweet onion, chopped
- 2 to 3 cloves of garlic
- 1 ½ cup sliced mushrooms – I love baby bella
- 1 zucchini, chopped
- ½ red bell pepper, chopped
- ½ yellow bell pepper, chopped
- 1 ½ cup fresh spinach
- 1 (14.5 ounce) can diced tomatoes, drained
- 2 TBSP tomato paste
- any seasoning of your choice to taste
- garlic powder to taste
- salt and pepper to taste

INSTRUCTIONS

1. Preheat oven to 350°F (175°C).
2. Sprinkle the hollowed-out peppers with salt, black pepper, and a drizzle of olive oil, then wrap them in aluminum foil and place in a baking dish and bake for 20 minutes, then remove from oven.
3. In a skillet over medium heat, cook the turkey until evenly brown, approximately 5 to 7 minutes. Set aside.
4. Heat oil in the skillet, and cook onion, mushrooms, zucchini, red bell pepper, yellow bell pepper, and spinach until tender – approximately 6 to 8 minutes.
5. Add chopped garlic and return turkey to the skillet. Mix in the tomatoes and tomato paste, and season with any seasoning of your choice, such as Italian seasonings, or Moroccan spices – whatever flavour you are in the mood for, and don't forget salt and pepper.
6. Stuff the green peppers with the skillet mixture.
7. Return peppers to the oven, and continue cooking 20 minutes more for a more firm pepper, or leave in a little longer to brown tops, about 5 minutes more.